

Male Call



June 2009

Coming Events/Courses

[Men's Health Week <Put this in your diary!>](#)

[More "Men on a Mission"](#)

[The MISHES](#)

[Men @ Work](#)

[Drop in Support Group at Father and Child Trust](#)

In This Month's News

[A "Feelgood" Slide Show](#)

[About Fathers](#)

[Father and Child Has a new Worker](#)

[A "Feelgood" Slide Show](#)

[About Men](#)

[Gay Pride on Plains FM](#)

[Richard Tankersley made](#)

[Lifetime Member of NZAF](#)

[Our Web Site for Men's Health](#)

[Our Web Site on Men's Sheds](#)

[Men's Health and the](#)

[Recession](#)

[Dr. Gage on Men's Health](#)

[Services for Canterbury Men \(e-mail us for the flyer with the info listed below\)](#)

Join a Men's Group?

MensLine Support Group:

open, facilitated, weekly men's group with 21 years experience. Tuesday night 7:30-9:30 at Christchurch Community House 141 Hereford St., Cost \$5 03 365 4239

MensTrust: men's groups,



Father and Child Has a new Worker

Welcome to Ross Elliot.

Here's some info about him:

Hi, I'm Ross, the new support worker at the Father and Child Trust. I am here 20hrs a week helping Harald; you'll find me at the Trust office 369 Hereford, between 9am and 1pm Mon to Thu. Also I'd like to introduce my daughter, Xanthe (the X is pronounced like a Z! Lots of people ask..). She is nearly 2 and I look after her 2-3 days a week.

While this role at the Trust is a new direction for me, I have worked with young people in life and work skills programmes for a number of years. I took the role here because the idea of support for men with children is in many ways pioneering, there is very little of it around and it is absolutely necessary for most fathers at some time in their lives to get independent non-judgmental support and advice. I look forward to working with those of you in the field!

Drop in Support Group at Father and Child Trust



The F&C Trust are fielding a number of calls recently from new and not so new Dads who want to meet other people in similar situations and are tired of being the only guy in the Plunket coffee mornings (it can be hard to

men's weekends/events, see

<http://menstrust.org.nz> or phone 03 940 9477 or try

<http://mensgroups.org.nz>

Mankind Project: a group offering leadership training in personal, interpersonal and cultural levels phone 021 475 900

<http://.mkp.org.nz>

Promise Keepers:

Christian Men's Groups see

<http://promisekeepers.org.nz/chch/>

Problem Gambling

Foundation: Weekly men's support group, contact the [PGF](#) at 03 379 2824 for more info

Step Ahead Trust: for men with a mental illness that are independent and safe with themselves and others, contact Kevin Muir at

kevin@stepahead.org.nz

Men's Health:

Menz Medical: for all health needs 158 Fitzgerald Ave.

<http://menzmedical.com>
03 981 8181

Family Planning: for men's sexual health checks [Family Planning](#)

Depression Support

Network: Fortnightly support groups

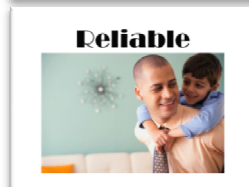
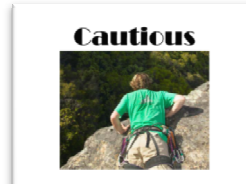
<http://depressionsupportnetwork.org.nz/>

Community Groups:

Male Survivors of Sexual Abuse Trust: one on one and group support for male survivors, in a safe environment, experienced staff <http://survivor.org.nz>
03 377 6747

relate!). We are thinking of starting regular informal group meetings of fathers. If you are interested in participating, having a coffee, listening and maybe even sharing your experiences as a Dad please call us on 9822440 or come down to the Father and Child Trust office on Wednesday 10th June at 10am for our 2009 inaugural Dads meeting (children welcome!).

A "Feelgood" Slide Show About Men



The Canterbury Men's Centre has put together the following slide show in honour of Men's Health Week on the week of 15 June 2009. Our apologies in advance for not having stock footage of men from New Zealand for the pictures. http://www.youtube.com/watch?v=NMXAVBFsqM4&feature=channel_page

Men's Health Week <Put this in your diary!>

Father and Child Trust:

on-going support and education for fathers, groups/courses/talks/ and a superb magazine
<http://fatherandchild.org.nz>

0 3 982 2440

Men's Advocacy Network:

a monthly forum for men involved in the community linking with political rep's. First Friday every month, 11:45, 141 Hereford St. ph. us for more 03 940 9487

Home and Family Society:

support for dads/men and step-families
<http://homeandfamily.net.nz>

03 379 5645

Men at Work:

a 3 week course for men seeking to enter/return to/move inside the workforce contact Tony at Kingdom Resources 03 332 1700

Education:

Uni. of Cant'y **Men's Health** HLTH451, 0.25 fee starts in Feb 2009

Youth:

198 Youth Health free services (Doctor, nurse, counselling) for 10-25 year olds 03 379 4800

Rata Counselling (see counsellors below)

Stopping Your Violence:

He Waka Tapu: programmes to stop your violence against women and children

<http://hewakatapu.org.nz>



It's the Men's Health Week Forum And you are invited.....

The Canterbury Men's Centre is putting on a forum to mark Week 2009. We are bringing together a variety of groups th men so they can tell you about their work. Make some time along!

When: Monday 15th of June 2009

Where: Christchurch Community House, 141 Hereford St.

Times: 3-5 pm and 7-9 pm

Gold coin donation, with tea and coffee being served.

Funding for this event generously provided by:



A "Feelgood" Slide Show About Fathers

The Father and Child Trust have put together this slide show with our support about the dads they've worked with over their first 10 years.

http://www.youtube.com/watch?v=5nHKJ64veiI&feature=channel_page

More "Men on a Mission"

A great group for men with time on their hands and experiencing social isolation. Very popular with the guys that come along.

03 373 8150

Stopping Violence

Services: group and individual counselling

<http://angermanagement.org.nz>

03 365 6266

The Goal's Centre: One-on-one programme

<http://goalscentre.co.nz/>

STOP Services Trust:

programmes for men and boys to stop their sexual offending

<http://stop.org.nz>

03 374 5010

Experiencing Violence?

Contact us at 03 940 9487 to discuss options

Fathers and Family Court:

Christchurch Community

Law Centre: Free legal information and advice on family law issues and Court processes

<http://canlaw.org.nz>

03 366 6870

Union of Fathers: peer support with family court issues <http://uof.org.nz>

07 928 4323

Dads on the Air:

Australian based podcasts for fathers

<http://dadsontheair.net/>

Parenting Through Separation

<http://justice.govt.nz/family/>

Recommended Counsellors:

Rata Counselling Centre

<http://ratacounselling.org.nz>

03 332 5388

Christchurch Methodist Mission & The Salvation Army Hope Centre



Developing the strengths and skills of men

Gain opportunities and skills to discover your uniqueness, in fun and interactive settings. Includes life-skills classes, guest speakers and outdoor activities. No cost.

- Meeting at the Christchurch Methodist Mission 309 Durham St. (opposite Law Courts) Christchurch
- Wednesdays, 11 pm - 4pm (approx) for 8 weeks, beginning 29 July 2009
- Course includes
 - healthy living
 - physical & mental well-being
 - communication, relationships
 - accessing & developing networks
 - guest speakers
 - outdoor activities, including field trip
- Experienced facilitators (Jeff Jones & John Coyle)
- Limited numbers so refer early
- Contact: **John Coyle** Christchurch Methodist Mission ph 366 6745 ext 822 email johnc@mmsi.org.nz or **Jeff Jones** The Salvation Army Hope Centre ph 364 8128 ext 21 jeff_jones@nz.salvationarmy.org



Christchurch Methodist Mission in partnership with The Salvation Army Hope Centre

Gay Pride on Plains FM

The following is a link to Hamish Milne's recent radio about Gay Pride Week on Plains FM. Hamish works in Christchurch with the New Zealand Aids Foundation as their Health Promoter South Island.

http://plainsfm.org.nz/media/podcasts/2009/05/19/2009-05-18_Hamish_Milne.mp3

Richard Tankersley made Lifetime Member of NZAF

Richard Tankersley was inducted as a life time member of the New Zealand Aids Foundation. Richard has had an on-going involvement with the NZAF and it is great to see such commitment celebrated. Listen to the podcast on Plains FM at the following url: <http://aim->

Home and Family Society
<http://homeandfamily.net.nz>

03 379 5645

Petersgate Counselling Centre

<http://petersgate.org.nz>

03 343 3391

198 Youth Health (free for 10-25 year olds) 03 379 4800

Telephone Support:

Alcohol Drug Helpline

(national service based in ChCh) 10 am- 10 pm 7 days 0800 787 797

National Depression Support Line 0800 111 757

Outline NZ (for gay men) 0800 OUTLINE

AIDS Hotline 0800 802 437

Gambling Helpline 0800 654 655, 7days 8am-10 pm

Lifeline 24 hrs 366 6743, 0800 543354

Mensline (Auckland based) 6:30-10:30 pm 7 days 0800 MENSLINE (0800 636 754)

Prostate Cancer Foundation 0 800 627 277 <http://prostate.org.nz>

Donald Pettitt
Manager

Canterbury Men's Centre
141 Hereford St.
Christchurch
03 940 9487
donald@canmen.org.nz

or

Simon Gurnsey
Office Coordinator
simon@canmen.org.nz

podcast.streaming.net.nz/2009052704011243353694-2009-05-22_Richard_Tankersley.mp3



Men @ Work

"Men @ Work" is a FREE twelve day course (three mornings a week), due to begin on 2 June 2009, for Men Re-entering the Workforce. The course covers a variety of topics including resumes and interview skills. This is an employment course specifically designed for men. For more information, call Tony on 03 332 1700

<http://www.kingdomresources.org.nz/1/content/view/20/33/>

Our Web Site for Men's Health

The Canterbury Men's Centre believed there is a need for an active men's health web site in New Zealand and done some very basic work on this. We expect to post research on New Zealand males until we find the energy and funding to focus on developing this project further.

<http://nzmenshealth.org.nz> Please let us know what you think.

Our Web Site on Men's Sheds

The Canterbury Men's Centre has also set up a web site to support it's men's sheds coordination work. This site is still in development but acts as a contact point for those men that are looking for people to work with on developing a shed in their area. www.mensheds.org.nz

The MISHES

The next Men in Social/Health/Education Services **monthly network group** details are below.

Where: 141 Hereford St. (see the whiteboard as you step in the door for a room number)

When: Thursday 11 June 12:00-1:15

Bring: Lunch, we will supply coffee/tea

Please contact us to register your interest and to receive a reminder e-mail [contact us](#).

Men's Health and the Recession

This recent article from Britain is entitled "Recession 'more damaging to men's mental health than women's'.

<http://www.hsj.co.uk/news/mental-health/recession-more-damaging-to-mens-mental-health-than-womens/5001290.article>

Dr. Gage on Men's Health

Young People's Views of Domestic Abuse

Domestic abuse is a concern in New Zealand and internationally. The author of a study in the U.K. sought to understand the beliefs of young people toward domestic violence in the context of gender. A series of focus groups were undertaken with male and female students aged 15-18 in which they discussed their views prompted by a vignette. Contradictory beliefs and opinions were expressed by the participants including acknowledgement that men were more abusive than women, but not within interpersonal relationships. Further, men's abuse was both explained and justified.

Research such as this sheds new light on a serious issue and provides food for thought. The author suggests that campaigns to reduce domestic violence could be improved if they address young people's attitudinal and ideological views towards male power and entitlement.

McCarry, M, J. (2009). Justifications and contradictions. Understanding young people's views of domestic abuse. *Men and Masculinities*, 11(3), 325-345.

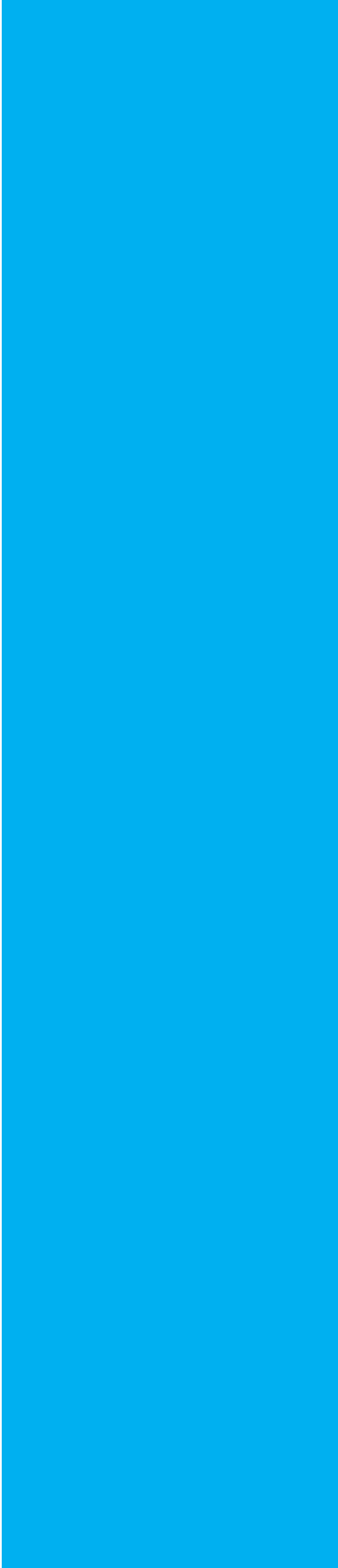


...and finally, for
inspiration...

IF...

Rudyard Kipling (1865-1936)

If you can keep your head when
all about you
Are losing theirs and blaming it
on you;
If you can trust yourself when all
doubt you,
But make allowance for their




doubt too:

If you can wait and not be tired
by waiting,
Or while being lied about, don't
deal in lies,
Or being hated, don't give way to
hating,
And yet don't look too good, nor
talk too wise;

If you can dream ... and not
make dreams your master;
If you can think ... and not make
thoughts your aim;
If you can meet with *Triumph*
and *Disaster*,
And treat those two impostors
just the same:
If you can bear to hear the truth
you've spoken,
Twisted by knaves to make a
trap for fools,
Or watch the things you gave
your life to, broken,
And stoop and build 'em up with
worn out tools;

If you can make one heap of all
your winnings
And risk it all on one turn of
pitch-and-toss,
And lose, and start again at your
beginnings
And never breathe a word about
your loss:
If you can force you heart and
nerve and sinew
To serve your turn long after
they are gone,



And so hold on when there is
nothing in you
Except the will which says to
them: "*Hold on!*"

If you can talk to crowds and
keep your virtue,
Or walk with Kings ... nor lose the
common touch;
If neither foe nor loving friend
can hurt you,
If all men count with you, but
none too much:
If you can fill the unforgiving
minute
With sixty seconds worth of
distance run,
Yours is the earth and everything
that's in it,
And ... which is more ... you'll be
a man, my son.

(Thanks for sending that in
Martin).